



Chatter

950 Nicollet Mall, Suite 290 Mpls 55403

MEDICA®SKYWAY SENIOR CENTER

612-370-3869 Mon-Fri 9 a.m.-3 p.m.

In This Issue:

Page 1:

- You Make the Difference!

Page 2:

- Thanks Medica!

Page 3:

- Please Donate

Page 4:

- Trips & Outings
- Events

Page 5:

- Winter Health Reminders

Page 6:

- Artist of the Month
- At the Movies

Page 7:

- Movie Time

Page 8-11:

- Talks, Discussions
- Clubs, Classes
- Health, Wellness

Page 12-14:

- Calendars

Page 13:

- Registration

Back Page:

- Map & Directions

You Make the Difference!

You have recently received our letter asking you for your financial support. Everyone has felt the impact of the economic climate this year and the need for our services have significantly increased as a result. The senior center provides one-on-one assistance to seniors and their families connecting them to community resources like affordable housing and healthcare. The center also provides a safe, comfortable place for socialization, access to information on health and wellness, opportunities for exercise, culturally relevant programs and so much more! In 2009 we have seen over 16,000 visits to the center!

To ensure that programs and services continue seamlessly, we are seeking new sources of financial support. The Skyway Senior Center is innovative because we try to ensure that our center and services remains barrier free, free to all who need us. Some senior centers have membership dues, but we do not.

You make the difference! We count on your help to keep the center a welcoming place for everyone to access. We ask your help to assure that the quality and range of the centers' programs will continue and that there will be the capability to expand as necessary to meet the changing needs of those we serve.

On the next page you will find our donation slip to tear out or simply mail your tax deductible gift payable to the Friends of the Skyway Senior Center. (Also, remember to consider matching gifts from current and former employers).

Thank your continued support, ensuring the future of your Skyway Senior Center!



Center Director
Christina Kendrick

Advisory Council
Donald Leners, *Chair*
Adrienne Merrill-
Ratliff, *Vice-Chair*

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Sarah Voigt

Thank you, Medica®!

The Skyway Senior Center would like to thank Medica Center for Healthy Aging for their five years of support for the center and its programs. Medica has decided to no longer fund the Center on an ongoing basis. 2010 will bring new opportunities, new relationships and new challenges. The City of Minneapolis along with the Friends of the Skyway Senior Center is committed to developing new partnerships to ensure that the Center and its programs are sustained.

The City of Minneapolis is also very grateful for the dedication the Friends of the Skyway Senior Center provide. The Friends dedicate their time and energy to bring financial and outreach support, ensuring the center is able to provide the valuable programming and meet the growing needs of older adults, their families, and those who serve the aging population.

The Friends of the Skyway Senior Center spearheaded our very successful Art Show and Silent Auction and it couldn't have been such a success without the contributions of Jean Stephen's Gallery, Dunn Brothers, Palomino, The Marquette Hotel, The Guthrie, Tommy Carver's Garden of Flowers, The Bad Waitress, Vincent/Britt's Pub, Murray's Steak House, Sally's Saloon, Cowboy Slims, Haskell's/Bacchus Wine & Food Society, Jungle Theater, Medica Center for Healthy Aging, Winston's Barbershop, Christos Restaurant, 225 Barbers, International Culinary School Gourmet Gallery, Rocco Altobelli, Theater in the Round, Zelo Restaurant, Hell's Kitchen, Target, Lunds & Byerly's, Bombay Bistro, Council President Barbara Johnson, Councilmember Lisa Goodman, Barbara Nylen, Orchestra Hall, Don & Betty Jeanne Leners, Patty Bowler, Shirlee & Sam Bates, Pam Sundberg, and Karoline Moe.

Thanks to everyone who volunteered and came to enjoy our event and purchased auction items and art! We hope to bring another fun event in 2010!

GOT SOMETHING TO SAY OR ASK?

Simply call the center and Tina will schedule an appointment for individual, one-on-one time with you for any reason you need. Even just to chat!

Ask any question.

Get connected to resources.

Share your thoughts and ideas.

612-370-3869

Please accept my donation to support the Skyway Senior Center

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 other \$ _____

Enclosed is my tax deductible contribution payable to: Friends of the Medica® Skyway Senior Center.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

MSSC is successful because of the generosity of our visitors and friends!
All donations of cookies, napkins, microwave (non-diet) popcorn,
Kleenex, etc. still being accepted and very much appreciated!"



All trips co-sponsored with Minneapolis Community Education.

Note: No refunds or vouchers provided for trip cancellations unless a replacement can be found. Select bus pick-up locations on registration form.

❖ *Dreamgirls* at the Orpheum Theatre

Direct from the Apollo Theatre in New York and full of onstage joy and backstage drams, *Dreamgirls* tells the rags-to-riches story of a 1960s Motown girl group, and the triumphs and tribulations that come with fame and fortune. Seats are toward the back of the main floor and if purchased individually would cost \$61. Transportation is on your own. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Saturday January 16 1:45 pm - 4:30 pm \$32

❖ *Funny Money* at the Old Log Theater

When mild mannered accountant, Henry Perkins, accidentally picks up the wrong briefcase on the train and discovers it's full of cash, it's a dream come true – that is until the police find Henry's own briefcase attached to a corpse in the river. This rollicking comedy starts Old Log favorites Steve Shaffer and Tom Stolz. Indicate your choice of stuffed chicken breast, walleye almandine, vegetarian lasagna or smoked pork chop with your registration. Price includes lunch, gratuity, show, and bus transportation.

Thursday February 4 10:00 am - 5:00 pm \$48

❖ National Eagle Center in Wabasha

Travel by coach bus to Wabasha to visit the National Eagle Center and discover why this area has such a thriving eagle population. Enjoy a presentation by the center's staff and meet the rehabilitated, non-releasable eagles. Using spotting scopes, view wild eagles or other wildlife over the adjoining Mississippi River. A late lunch at Coffee Mill Golf Course features broasted quarter chicken, mashed potatoes, vegetable, roll, salad, dessert and beverage. Price includes program, lunch, gratuity, and bus transportation.

Monday February 25 8:30 am - 5:15 pm \$43

Contact Minneapolis Community Education to Register

Call: 612-668-3450

– or send your payment to –

Patty Hastreiter, Minneapolis Community Education
201 W. 49th St. Minneapolis, MN 55419

Events Around Town November & December 2009

St Paul Winter Carnival

Join us for the 124th Saint Paul Winter Carnival, the "coolest celebration on earth" since 1886! It continues to bring family-friendly events and community pride to Saint Paul and the twin cities metro area.

Most events are free and open to the public.

January 21st - 31st - 651-223-4700

Scottish Ramble

Time to bring out the tartan! Enjoy bagpipes, highland dance competition, Scottish meat pies, shopping, educational presentations, information on area Scottish organizations/activities and music as the Scottish Ramble invades Landmark Center!

Nothing's cooler than kilts in February!

\$5 General Admission, \$3 Children 6 - 12 & Seniors 62+, Children 5 & under are FREE

**February 13th & 14th - 651-292-3225
75 5th Street W, St Paul, MN 55102**

St. Patrick's Day Parade

The 44th annual St. Patrick's Day goes along 4th St. in St. Paul from Sibley St. to Market St.

Wednesday, March 17th - Noon

IMDA St Patrick's Day Irish Celebration

Take in all things Irish at two events you can't miss at Landmark Center. Lively celtic music, dancing, and authentic wares from vendors vault these as among St. Paul's best traditions.

**March 17th - 10:00 am - 5:00 pm - 651-292-3225
75 5th Street W, St Paul, MN 55102**

Notice: Please be advised that the Medica[®] Skyway Senior Center does not sponsor or have a relationship with the organizations that hold meetings or events at the Medica[®] Skyway Senior Center, unless specifically stated otherwise.



TIPS FOR SURVIVING WINTER



- ❄ **Step carefully.** Ice is a constant danger in winter. Use rock salt, sand or other materials on outdoor stairs, sidewalks and driveways to reduce your risk of falling.
- ❄ **Take extra care** when getting in or out of your car or on stairs. Remember that walkers and canes can slip on icy surfaces.
- ❄ **Set the thermostat** at 68 degrees or warmer. Save on energy costs by closing off rooms you don't use often.
- ❄ **Stay in.** Minimize your time outdoors on very windy or cold days.
- ❄ **Bundle up.** When you go out, wear layers of clothing and a hat, mittens and scarf.
- ❄ **Watch the weather.** TV and radio stations will alert you to winter storm warnings.
- ❄ **Buddy up.** Check on loved ones who are elderly or ill, and ask them to do the same for you.
- ❄ **Don't overdo.** Your heart works harder in cold weather. Adjust your exercise routine, and work slowly when you need to do strenuous chores.
- ❄ **Check with your doctor.** You may need to take special cold-weather precautions if you have asthma, heart disease or other chronic conditions.

STAY ACTIVE DURING COLD WEATHER



When it's cold outside, you may want to just curl up in a blanket and watch TV. However, being a couch potato is no way to stay in shape. Remaining active during the winter months may help you avoid weight gain and is good for your overall health. Try these ideas:

- ❄ **Be safe.** Dress appropriately, avoid extreme weather and take other precautions for your safety. **If you are not currently active or have a health concern, ask your doctor before starting an exercise program.**
- ❄ **Maintain motivation.** Write down your reasons for wanting to exercise. Then, read the list when you need help getting motivated to work out.
- ❄ **Move indoors.** Is it too cold to exercise outdoors? Exercise inside. Power walk at a mall. Join a health club (see below).
- ❄ **Join SilverSneakers.** SilverSneakers provides membership at designated health clubs with group exercise classes just for older adults. It is offered at no cost to Medica Prime Solution®, Medica DUAL Solution® and Medica Advantage SolutionSM members. Call Medica Customer Service at 952-992-2300 or 1-800-234-8755 to learn more.

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* Artists of the Month

Meet the artists and join us for a close-up chat with these creative minds.



February

Laura Olson – Laura is a 2008 graduate of St. Olaf College where she double majored in studio art and women's studies. She was born and raised in Minneapolis and lives near Lake of the Isles. She works for TBI Metro Services, a non-profit which helps adults with traumatic brain injuries. She also works part time at Green Mill Restaurant and sells produce seasonally at the Minneapolis Farmers Market. When she is not working she loves to draw, play and listen to music, bike, and enjoy outdoor adventures!

Reception Monday, February 8th at 1:00

March

Judy Volling – I received my first camera after my high school graduation, a hand me down from my brother. That was eons ago! Photography has been my passion ever since. I am self-taught and love shooting nature and macro photos. I want my photography to show people the beauty the Lord has blessed us all with. Life is beautiful... take a picture!

Reception Tuesday, March 16th at 1:00

***Artist's works are for sale. Please inquire at the center if interested.**

Interested in Showing Your Art?

We are always looking for artists. You just have to be able to hang it! Call 612-370-3869 and ask for Christina Kendrick for more information.

At the Movies with



"Downtown Tom"

The holiday season has a way of bringing reluctant moviegoers out of hibernation, weary of a marketplace seemingly dominated by cartoon vehicles and computer-generated effected violence. As with previous end-of-the-year film periods, viewers have every reason to look forward to intelligent, well-crafted and entertaining films that totally engage him/her. Here's a short list of films that'll "make your day!"

INVICTUS (PG-13)

In Clint Eastwood's capable directorial hands *Invictus* details Nelson Mandela's first term as South African President. Morgan Freeman plays Mandela with grace and ease. He initiates a unique venture to unite his apartheid-torn country by enlisting the national rugby team on a mission to win the 1995 Rugby World Cup.

A SINGLE MAN (PG-13)

Colin Firth plays a college English professor who is reeling from the aftermath of learning that his male partner of 16 years has been killed in an auto crash. He steadies himself as best he can, spending a day figuring out if and why life is worth living. Flashbacks of who he was and what he lost are intertwined with encounters with others who offer male companionship. Unable to imagine a future without his lost partner, he makes arrangements to end his own life.

NINE (PG-13)

Daniel Day-Lewis plays an Italian film director, Guido Contini, with pensive imagination as he struggles to find harmony and creativity in his personal and professional lives. His drama-filled relationships with the women in his life--his wife, his mistress, his muse, his agent, and his mother--are more than he can handle. This musical-romance film features show-stopping portrayals by Penelope Cruz, Nicole Kidman, Sophia Loren, amongst others.

Movie Time



FREE POPCORN!

Sponsored by TCF National Bank,
Target Skyway Traditional Branch

Viewing is limited to 25. Seating is first come, first served – no reservations. All movies start at noon.

❖ The Proposal – PG-13, 2009 (108 min.)

Sandra Bullock as a pushy boss who forces her young assistant to marry her in order to help keep her visa status in the U.S. and avoid deportation to Canada.

(comedy-drama-romance)

F Jan 8 12:00 Free

❖ A Passage to India – PG, 1984 (163 min.)

Cultural mistrust and false accusations doom a friendship in British colonial India between an Indian doctor and two prominent English persons.

(adventure-drama-history)

F Jan 15 12:00 Free

❖ Glengarry Glen Ross – R, 1992 (100 min.)

An intense behind the scenes look at the competition, schemes, and plotting within a male-dominated real estate office. Al Pacino, Jack Lemmon.

W Jan 20 12:00 Free

❖ Whatever Works – PG-13, 2009 (92 min.)

A Woody Allen Comedy. An aging, eccentric upper class New Yorker abandons his comfortable lifestyle for a more bohemian existence & gets involved with a female teenage runaway from Mississippi.

F Jan 29 12:00 Free

❖ The Fugitive Kind – PG-13, 1960 (119 min.)

Marlon Brando as Val Xavier, a drifter, who arrives in a small town & gets a job in a store run by Lady Torrence (Anna Mangnani). Her husband is dying of cancer, she's dying for lack of affection, and another local (Joanne Woodward) is just dying to get her hands on Val!

(drama-romance)

F Feb 5 12:00 Free

❖ Food, Inc – PG, 2008 (94 min.)

A powerful documentary examining America's corporate-controlled food industry where the health & safe-

ty of animals, producers, and the food itself is severely compromised. Critics offer commentary to awaken citizens to overturn scandalous practices.

F Feb 12 12:00 Free

❖ Tom Jones – PG, 1963 (121 min.)

Albert Finney as Tom Jones, a love-'em & leave 'em womanizer in 1700's England. His shenanigans are a hair-breath away from a hangman's noose, which is no match for his rascal charm and exuberance.

(adventure-comedy-romance)

F Feb 19 12:00 Free

❖ A Delicate Balance – PG, 1973 (133 min.)

Katharine Hepburn is Agnes, a determined, powerful woman who feels she must hold her retiring, mild-mannered husband Tobias together & present a brave face to the world of their well-to-do Connecticut circle. Nevertheless, her friends & insiders have agendas that undermine Agnes' efforts.

(drama)

Th Feb 25 12:00 Free

❖ West Side Story – PG, 1961 (153 min.)

Musical about two young people from rival New York City gangs who fall in love, derived from Shakespeare's Romeo & Juliet. Natalie Wood.

(musical-romance-drama)

F Mar 5 12:00 Free

❖ I Want to Live – PG-13, 1958 (122 min.)

Susan Hayward as Barbara Graham, a young woman with a long police record who gets involved with criminals who rob and kill a wealthy society matron. Hayward's trial and sensationalized press coverage make for an intense film as she faces the gas chamber.

F Mar 12 12:00 Free

❖ Julie & Julia – PG-13, 2009 (123 min.)

Julia Child's story of her start in cooking is intertwined with blogger Julie Powell's challenge to cook all the recipes in Child's first cookbook. Meryl Streep.

(biog-comedy-drama-romance)

F Mar 19 12:00 Free

❖ The Sundowners – G, 1960 (133 min.)

Robert Mitchum and Deborah Kerr & children are the Carmody family who herd sheep in the Australian Outback. They experience all sorts of adventures & challenges while on the move.

(drama-adventure)

T Mar 23 12:00 Free



Talks, Discussions, and Presentations



❖ Understanding the Middle East Conflict: A Hope for Peace

Gain a better understanding of the Arab-Israeli conflict with an overview of history and geography from Biblical times to the present day. If you want to put today's events in context, attend this series. The Jewish Community Relations Council developed this program to improve understanding through education and dialogue.

W Feb 17 – 24 1:00 – 2:30 Free

❖ Catching Up on Current Events

Join Paul for a great morning discussion on the latest issues and get useful resources and opportunities to engage in your community. Refreshments will be served.



W Jan 6 – Mar 31 9:30 – 10:30 Free

❖ Young@Heart – Special Screening and Discussion

Young@Heart documents the true story of the final weeks of rehearsal for the Young@Heart Chorus in Northampton, MA, whose average age is 81, many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs, for example, by James Brown and Sonic Youth. Although they have toured Europe and sang for royalty, this account focuses on preparing new songs for a concert in their home town, which succeeds in spite of several heart breaking events. The film is 1-hour with an interactive discussion after. Popcorn provided!

Th Jan 14 1:00 – 2:30 Free

❖ Reverse Mortgage: Make the Most of Retirement!

If you are at least 62 years old and have low or no outstanding mortgage debt, reverse mortgage programs can allow you to borrow against the equity you've built in your home. Instead of making monthly payments, you can opt to receive them! Hear Terry Gilbert explain the benefits of this program and come with your questions – he is happy to answer them!

T Jan 12 1:00 – 2:30 Free

❖ Seniors for Seniors: Companion Animals

Bobbi Gruman, Pet Haven and STRMN volunteer, will take you through the physical and emotional benefits of owning a dog or cat. She will also cover the considerations for care and a variety of resources to help with your needs as a pet owner. If you are interested in helping to solve the enormous problem of animal overpopulation there are a wide variety of volunteer opportunities. The greatest need is fostering. You receive all the benefits of having a loving companion and all costs are paid by the rescue organization. Information will be available at the center.

T Feb 23 1:00 – 2:30 Free

❖ The Social Benefits of Being a Collector

Are you a collector? Have you ever wanted to start collecting? Collectors share a unique world that connects them with each other. Whether your collection is small or large, come share your story and bring a couple of your collectibles. Maximum 10 registrants.



Th Mar 25 1:00 – 2:30 Free

❖ Pictionary

You know you want to play! Who can resist a great game of Pictionary? Join the group for a fun and spontaneous game where everyone is an actor! Very easy to learn rules. We will draw numbers for teams.

T Mar 30 12:30 – 3:00 Free

❖ DID Ambassadors - Minneapolis Downtown Improvement District

You have seen them on the streets cleaning garbage, giving directions, giving a smile. MDID is a nonprofit organization created to preserve and enhance a vital, growing and attractive Downtown Minneapolis for the people who invest, work, shop, visit, and live here. Now come find out what it is really all about and bring your questions and concerns! MDID wants to hear from you!

T Jan 19 1:00-2:30 Free

❖ Chili Fest: A Competition for the Hungry!

Sick of Winter? No better way to warm the body and soul than a spicy and savory bowl of chili complete with cornbread and fixin's! But this is no ordinary feast. Think you make the best chili or the most scrumptious cornbread? The challenge is there! Bring your best

**** Register for all classes and trips UNLESS otherwise noted. ****

because it will be judged. Prizes for first and second place chili and first and second place cornbread.

T Jan 26 1:00 – 2:30 Free

❖ Sweets for the Sweet

Bring your favorite treat to share – homemade or store bought, sweet or savory! Bring your recipies as well – volunteers will be on hand to make copies for others. A great after Valentine's Day celebration, because you can never have too much sweet stuff!

M Feb 15 1:00 – 2:30 Free

❖ Luck 'O the Irish: A Blarney Party Indeed

No green beer but there will be punch, Irish and Celtic music, and of course, a blarney stone! Bring soda bread or other Irish favorites to share. Refreshments offered.

W Mar 17 1:00 – 2:30 Free



Clubs, Classes, and Other Sessions



❖ Defensive Driving: 55 Alive 4-Hour Refresher Course

You must have completed the 8 hour "55 Alive Basic Driving Course" to take this refresher course, sponsored by AARP. Licensed drivers age 55 and over who complete the course can reduce their car insurance premium by 10% for three years. Class does not involve any driving or tests. **Class fee is payable to instructor the day of class. Please register in advance. You must bring your Minnesota driver's license.** Class limit of 15. Feel free to bring your own snacks.

T Mar 9 11:00 – 3:00 \$12 & \$14

❖ Travels with Anita: Malta

Few places offer sights covering so comprehensive a cross-section of history as Malta. This land suffered the single heaviest aerial bombardment of any nation in WWII. Come to hear about the fascinating island in the Mediterranean in this presentation by Anita Makar.

T Feb 10 1:15 – 2:30 Free

❖ Guthrie Theater Discussion

February – Macbeth by William Shakespeare

Macbeth is a soldier and nobleman who's ambition is unleashed after an encounter with witches who predict his path to greatness. Macbeth's quest for glory exposes the politics of power and the corruption power breeds.

T Feb 9 11:00 – 12:00 Free

March – Brief Encounter by Noel Coward

During weekly encounters in a train station, Laura and Alec discover a mutual, intense passion for each other. Their romance is destined to end since both are married. Perhaps you remember the 1946 film by Noel Coward which served as inspiration for this production.

T Mar 16 11:00 – 12:00 Free

❖ Sit n' Stitch: Knitting, Crocheting, Needlepoint, Quilting, Etc.

Join friends and make new ones! Bring your projects! Lots of fun, conversation, creativity, jokes and stories and an appreciation for the craft of knitting, crocheting and needlework. Bring magazines or a recipe to share.

T Jan 5 12:30 – 2:30 Free

T Feb 2 12:30 – 2:30 Free

T Mar 2 12:00 – 2:30 Free

❖ Birthday of the Month Club



Celebrate your birthday, your friend's birthday, or just wish a stranger a happy birthday. Enjoy birthday cake and other refreshments compliments of the Medica® Skyway Senior Center!

T Jan 5 12:00 – 12:30 Free

T Feb 2 12:00 – 12:30 Free

T Mar 2 12:00 – 12:30 Free

❖ Bundles of Love Club

Start the New Year off helping newborns in need by preparing fabric for blankets and other items. There is no sewing or knitting required. There is something to do for everyone – especially great conversation! If you are interested in volunteering your time once a month, please call and register at 612-370-3869.

W Jan 13 9:30 – 12:00 Free

W Feb 10 9:30 – 12:00 Free

W Mar 10 9:30 – 12:00 Free

**** Register for all classes and trips UNLESS otherwise noted. ****

❖ Book Club

January – The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrow

January 1946: writer Juliet Ashton receives a letter from a stranger, a founding member of the Guernsey Literary and Potato Peel Pie Society. So begins a remarkable tale of the island of Guernsey during the German occupation, and of a society as extraordinary as its name.

Th Jan 21 10:00 – 11:00 Free

February – The Hemingses of Monticello: An American Family by Annette Gordon Reed

This epic work tells the story of the Hemingses, whose close blood ties to our third president had been systematically expunged from American history until very recently. Now, historian and legal scholar Annette Gordon-Reed traces the Hemings family from its origins in Virginia in the 1700s to the family's dispersal after Jefferson's death in 1826. It brings to life not only Sally Hemings and Thomas Jefferson but also their children and Hemings's siblings, who shared a father with Jefferson's wife, Martha. The Hemingses of Monticello sets the family's compelling saga against the backdrop of Revolutionary America, Paris on the eve of its own revolution, 1790s Philadelphia, and plantation life at Monticello. Much anticipated, this book promises to be the most important history of an American slave family ever written.

Th Feb 18 10:00 – 11:00 Free

March – The Education of a Wandering Man by Louis L'Amour

In this, his most personal book ever, L'Amour writes of growing up in Jamestown, North Dakota, of the parents who instilled in him a love of the printed and spoken word, and of his decision to leave school at fifteen to make the world his classroom. While his contemporaries attended high school, L'Amour skinned cattle in Texas, worked as a circus roustabout and a mine caretaker, won small-town prizefighting exhibitions, hoboed across Texas on the Southern Pacific, and shipped out to the West Indies, England, and Singapore as a merchant seaman. Wherever he wandered, his pockets were always bulging with books.

Th Mar 18 10:00 – 11:00 Free

❖ The Red Hat Club is Now The Lunch Bunch!

It's a New Year and a new start! Get out and get fed! Enjoy a variety of deliciousness at Bombay Bistro's buffet! Dine in casual elegance at the Atlas Grill and enjoy lunch at a classic, McCormick & Schmick's. Meet at

the center at 11:00 for lunch at 11:30! We hope you can join us. Please register in advance for lunch so we can give the restaurant an accurate count.

F Jan 22	Atlas 200 S. 6th Street	332-4200	11:30
F Feb 26	Bombay 820 Marquette	312-2800	11:30
F Mar 26	McCormick 800 Nicollet	338-3300	11:30

❖ Computer Tutor

All skill levels welcome! Sign up for 30 minute appointments for free, one-on-one computer tutoring with an experienced volunteer. Monday – Friday times available, call for an appointment. Donations appreciated! Cancellations require a 24 hour notice.

❖ Did You or a Family Member Serve in the Military?

Most people who served in the military do not realize the many benefits they are entitled to – even if they were told in the past that they do not qualify. Come and get your questions answered! An advocate will be available one-on-one. Just call for your appointment.

Th	Jan 21	1:00 – 2:30	Free
Th	Feb 18	1:00 – 2:30	Free
Th	Mar 18	1:00 – 2:30	Free

Health, Wellness, and Fitness



HEALTH

❖ Get a Grip on Stress

While it's true that stress is a result of change, one common misconception is that stress is always a result of a negative shift in our environment. Not only can stress result from positive occurrences in our lives, but both positive and negative stress affect our overall health in a variety of ways. Learn tips to managing stress and minimize its negative affects on the body.

T Feb 9 1:00 – 2:30 Free

❖ Power Nutrition

Low carb, low fat. The information on what constitutes a proper diet is vast and conflicting. When it comes to nutrition one thing is true: variety is the spice of life. Separate the facts from the fads and learn the truth about proper nutrition and the impact it can have on our energy levels and overall health and wellness.

M Jan 11 1:00 – 2:30 Free

*** * Register for all classes and trips UNLESS otherwise noted. * ***

❖ Medica® Medicare Community Meetings

Medica's® center for healthy aging invites you to a Medicare informational community meeting. Attend this meeting to find out more about Medica's® health care coverage to supplement Medicare and prescription drug plan options – without pressure – so that you make coverage decisions that are right for you. A sales representative will be present with information and applications.

W	Jan 27	1:00 – 3:00 pm	Free
W	Feb 10	1:00 – 3:00 pm	Free
W	Mar 17	1:00 – 3:00 pm	Free

❖ What You Should Know About Hospice

Two care coordinators from Medica will be giving a presentation on the hospice program. They will give a general overview of what hospice is, resources and how the hospice program is covered. Time will be available for questions.

Th	Feb 11	11:00 – 12:00	Free
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❖ I Can Eat Sensibly (I.C.E.S.)

Looking to stay on track over the holidays? Want a great group to confer, share and connect with others who have goals to stay healthy and active and nutritionally sound? This is the group for you! The success of I-CAN Prevent Diabetes has led to I.C.E.S., a group that meets once a month to support each other, share recipes, exercise articles, and exchange health information with tools to help stay on track! Watch each newsletter for days/times of gatherings. When available, guest speakers on nutrition, diet and exercise.

M	Jan 4	10:30 – 12:00	Free
M	Feb 8	10:30 – 12:00	Free
M	Mar 8	10:30 – 12:00	Free

❖ Foot Care Clinics

Foot care clinics are in full swing! Comprehensive foot care that now includes a great foot soak, so bring your towel. Call for your foot care appointment. If you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. **Sign up early, as the clinics are very popular.**

F	Jan 22	10:30 – 3:00 pm	\$25
F	Feb 26	10:30 – 3:00 pm	\$25
F	Mar 26	10:30 – 3:00 pm	\$25

NEW Low Prices!

IT'S YOUR BAILOUT TO BETTER HEALTH
All Exercise Classes are SilverSneakers Eligible

FITNESS

❖ Walking Club

Tired of being cooped up? Get out and get movin'. Join our group to stretch those legs... comfortable clothing is a must.
Every Thursday 10:00 – 11:00 am Free

❖ SilverSneakers® Muscular Strength & Range of Motion

Advance payment and registration form required. You do not have to have SilverSneakers® to join this class, but as a benefit of SilverSneakers membership the class fee would be waived. Max. of 10/min. of 6 participants.

M	Jan 4 – Mar 29	9:30 – 10:15 am	\$8
F	Jan 8 – Mar 26	9:30 – 10:15 am	\$8

❖ SilverSneakers® Yoga Stretch

Advance payment and registration form required. Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Yoga is from 11:00-11:45 with an opportunity for a progressive floor stretch series (not SilverSneakers endorsed) the last 15 minutes for those who are interested.

W	Jan 6 – Mar 31	11:00 – 12:00	\$8
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❖ Tai Chi Exercise with Mieng Lam – Starts Late Feb.

Advance payment and registration form required. SilverSneakers eligible. Weekly sessions. Max. of 12/min. of 6. Must have previous Tai Chi experience to participate in the Tuesday class. Register for one or both sessions.

T	Feb 23 – Mar 30	9:30 – 10:30 am	\$6
Th	Feb 18 – Mar 25	9:30 – 10:30 am	\$6

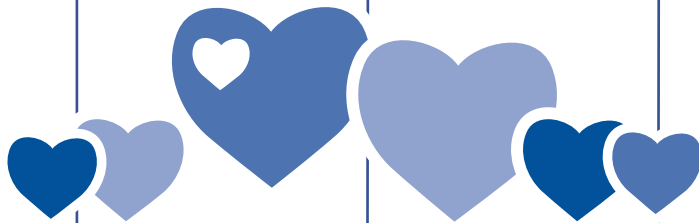
Any questions about the exercise classes? Please don't hesitate to call the center at 612-370-3869.

**** Register for all classes and trips UNLESS otherwise noted. ****

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes class that requires advance registration and payment. ** This is a series of continued classes.</p>	<h2>HAPPY NEW YEAR!</h2>			<p>1</p> <p>Center Closed</p>
<p>4</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>10:30 - Noon I.C.E.S.</p>	<p>5</p> <p>Noon - 12:30 Birthdays of the Month</p> <p>12:30 - 2:30 Sit n' Stitch</p>	<p>6</p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - Noon SilverSneakers® Yoga Stretch*</p>	<p>7</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Advisory Board Meeting</p>	<p>8</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "The Proposal"</p>
<p>11</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>10:30 - Noon Friends Board Meeting</p> <p>1:00 - 2:30 Power Nutrition</p>	<p>12</p> <p>1:00 - 2:30 Reverse Mortgage</p>	<p>13</p> <p>9:30 - Noon Bundles of Love</p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>12:00 - 1:00 SilverSneakers® Yoga Stretch*</p>	<p>14</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Special Screening Discussion: Young@Heart</p>	<p>15</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "A Passage to India"</p>
<p>18</p> <p>9:30 - 10:30 SilverSneakers®*</p>	<p>19</p> <p>1:00 - 2:30 DID Ambassadors</p>	<p>20</p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - 12:00 SilverSneakers® Yoga Stretch*</p> <p>12:00 - 2:30 Movie: "Glengarry Glen Ross"</p>	<p>21</p> <p>10:00 - 11:00 Book Club</p> <p>10:00 - 11:00 Walking Club</p> <p>1:00 - 2:30 Did You or a Family Member Serve in the Military?</p>	<p>22</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>10:30 - 3:00 Foot Care Clinic*</p> <p>11:30 - 12:30 The Lunch Bunch: Atlas Grill</p>
<p>25</p> <p>9:30 - 10:15 SilverSneakers®*</p>	<p>26</p> <p>1:00 - 2:30 Chili Cookoff</p>	<p>27</p> <p>9:30 - 10:30 Catching Up on Current Events</p> <p>11:00 - 12:00 SilverSneakers® Yoga Stretch*</p> <p>1:00 - 3:00 Medica Community Meeting</p>	<p>28</p> <p>10:00 - 11:00 Walking Club</p>	<p>29</p> <p>9:30 - 10:15 SilverSneakers®*</p> <p>Noon - 2:30 Movie: "Whatever Works"</p>

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - 10:15 SilverSneakers®* 10:30 - Noon Friends Board Meeting	2 Noon - 12:30 Birthdays of the Month 12:30 - 2:30 Sit n' Stitch	3 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch*	4 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	5 9:30 - 10:15 SilverSneakers®* Noon - 2:30 Movie: <i>"The Fugitive Kid"</i>
8 9:30 - 10:15 SilverSneakers®* 10:30 - Noon I.C.E.S. 1:00 - 2:30 Meet the Artist: Laura Olson	9 11:00 - Noon Guthrie Theater Discussion: Macbeth 1:00 - 2:30 Get a Grip on Stress	10 9:30 - Noon Bundles of Love 9:30 - 10:30 Catching Up on Current Events Noon - 1:00 SilverSneakers® Yoga Stretch* 1:00 - 3:00 Medica Community Meeting 1:00 - 2:30 Travels with Anita: Malla	11 10:00 - 11:00 Walking Club 11:00 - 12:30 What You Should Know About Hospice	12 9:30 - 10:15 Silver Sneakers®* Noon - 2:30 Movie: <i>"Food, Inc."</i>
15 9:30 - 10:30 SilverSneakers®* 1:00 - 2:30 Sweets for the Sweet	16	17 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Part 1: Understanding the Middle East Conflict	18 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Did You or a Family Member Serve in the Military?	19 9:30 - 10:15 SilverSneakers®* Noon - 2:30 Movie: <i>"Tom Jones"</i>
22 9:30 - 10:15 SilverSneakers®*	23 9:30 - 10:30 Tai Chi* 1:00 - 2:30 Seniors for Seniors	24 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 2:30 Part 2: Understanding the Middle East Conflict	25 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Movie: <i>"A Delicate Balance"</i>	26 9:30 - 10:15 SilverSneakers®* 10:30 - 3:00 Foot Care Clinic* 11:30 - 12:30 The Lunch Bunch: Bombay Bistro
* Denotes class that requires advance registration and payment. ** This is a series of continued classes. 				

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - 10:15 SilverSneakers®* 10:30 - Noon Friends Board Meeting	2 9:30 - 10:30 Tai Chi* 12:00 - 12:30 Birthdays of the Month Noon - 12:30 Sit n' Stitch	3 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch*	4 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 Advisory Board Meeting	5 9:30 - 10:15 SilverSneakers®* Noon - 2:30 Movie: "West Side Story"
8 9:30 - 10:15 SilverSneakers®* 10:30 - Noon I.C.E.S.	9 9:30 - 10:30 Tai Chi* 11:00 - 3:00 Defensive Driving 4 Hour	10 9:30 - Noon Bundles of Love 9:30 - 10:30 Catching Up on Current Events Noon - 1:00 SilverSneakers® Yoga Stretch*	11 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club	12 9:30 - 10:15 SilverSneakers®* Noon - 2:30 Movie: "I Want to Live"
15 9:30 - 10:15 SilverSneakers®*	16 9:30 - 10:30 Tai Chi* 11:00 - Noon Guthrie Theater Discussion: Brief Encounter 1:00 - 2:30 Meet the Artist: Judy Volling	17 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch* 1:00 - 3:00 Medica Community Meeting 1:00 - 3:00 Luck O' the Irish	18 9:00 - 9:50 Tai Chi* 10:00 - 11:00 Book Club and Walking Club 1:00 - 2:30 Did You or a Family Member Serve in the Military?	19 9:30 - 10:15 SilverSneakers®* Noon - 2:30 Movie: "Julie and Julia"
22 9:30 - 10:15 SilverSneakers®*	23 9:30 - 10:30 Tai Chi* 12:00 - 2:30 Movie: "The Sundowners"	24 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch*	25 9:30 - 10:30 Tai Chi* 10:00 - 11:00 Walking Club 1:00 - 2:30 The Social Benefits of Being a Collector	26 9:30 - 10:15 SilverSneakers®* 9:30 - 10:15 Foot Care Clinic* 11:30 - 12:30 The Lunch Brunch: McCormick and Schmick's
29 9:30 - 10:15 SilverSneakers®*	30 9:30 - 10:30 Tai Chi* 12:30 - 2:30 Pictionary!	31 9:30 - 10:30 Catching Up on Current Events 11:00 - Noon SilverSneakers® Yoga Stretch*		* Denotes class that requires advance registration and payment. ** This is a series of continued classes.



Registration Form for Center Activities Only – No Trips



Name _____	Phone () _____
Address _____	Apt. # _____
City _____	Zip _____
Class 1 _____	Fee _____
Day _____ Date _____	Time _____
Class 2 _____	Fee _____
Day _____ Date _____	Time _____
Check # _____	Fee Total _____
Make Checks Payable To: Minneapolis Finance Department	Send To: Medica® Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55402
For Office Use Only: Date received: _____ Initials: _____	



Registration is Easy



By Mail

For each class, make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

Mail registration materials to:

Medica® Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55402

FOR TRIPS PLEASE SEE PAGE 4 INSTRUCTIONS

In Person

Come directly to the Medica® Skyway Senior Center, Suite 290, and fill out a registration form.

By Phone

For Trips call 612-668-3450.
For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

Cancellations

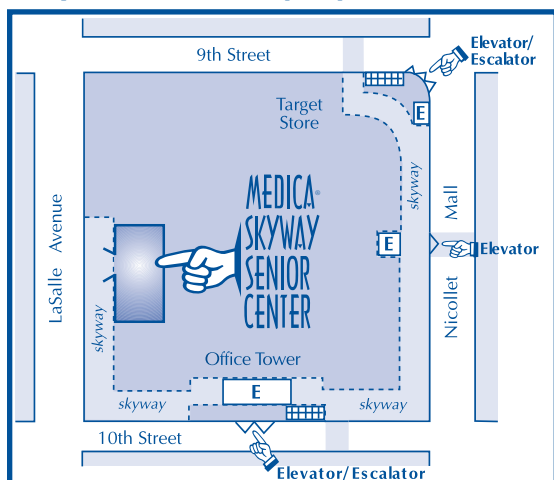
A minimum of 7 days is required prior to class date for full refund unless noted otherwise.
NO refunds on trips.

Medica® Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

Map to Medica® Skyway Senior Center



Published by the Medica® Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@ci.minneapolis.mn.us Website: www.ci.minneapolis.mn.us/seniors

How Do I Find the Medica® Skyway Senior Center?

Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the Medica® Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the Medica® Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The Medica® Skyway Senior Center.

900 Nicollet Mall – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The Medica® Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the Medica® Skyway Senior Center. This is about a two-block walk.

Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the Medica® Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the Medica® Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.